



**Neighborhood
House**

Food Market Wish List

Shelf-Stable Staples:

- Rice
- Cereal
- Pasta
- Peanut butter
- Dry or canned beans
- Canned tuna
- Canned chicken
- Oil
- Flour

Culturally Connected Foods:

- Corn flour (masa, maseca)
- Lentils
- Nopales (jarred cactus)
- Soy sauce
- Canned sardines (in oil)
- Rice noodles

At Neighborhood House, our Food Support Program includes two free food markets, fresh produce distribution events, and other food support related services and assistance. We work hard to provide healthy, culturally appropriate and nutritious foods for our community and believe that no one should ever experience food insecurity.

Neighborhood House | 179 Robie Street East, St. Paul, MN 55107

neighborhoodhousemn.org